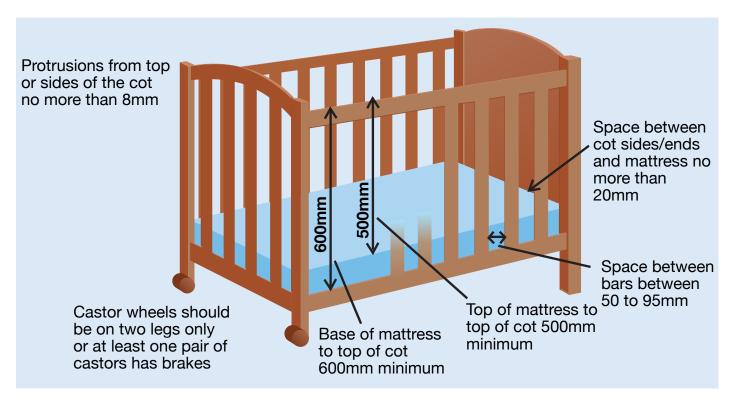


Maternal and Child Health Service: Safe Sleeping Checklist



For further information about cots and safe nursery products: www.productsafety.gov.au Source: *Keeping baby safe*. Australian Competition and Consumer Commission, Dickson ACT, 2006

| Р | LEASE CHECK: ✓ close match to statement X does not match N/A not applicable |
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| | Baby is placed on his/her back to sleep with head and face uncovered (no bonnet, no hat, no hooded clothing). |
| | Cords hanging from blinds, curtains, electrical appliances and mobiles are out of reach of a child inside the cot. |
| | Heaters or electrical appliances are well away from the cot to avoid the risk of overheating. No electric blankets. |
| | Cot (new or second hand) meets the mandatory Australian Safety Standards (AS 2172). |
| | Portable cot complies with the mandatory Australian Safety Standard (AS 2195). |
| | Locking pin is firmly in place in bassinets/cots that rock whenever baby is unsupervised. |
| | Mattress is firm, clean, well fitted and flat (not elevated of tilted), with less than 20mm gap between mattress and cot sides and ends. |
| | Plastic packaging is removed from the mattress before use. |
| | Cot is made up with baby's feet positioned at the bottom of the cot. |
| | No loose bedding, quilts, doonas, pillows, cot bumpers, sheepskins or soft toys in the cot. |





Topics for discussion with parents

| Sleep baby on the back from birth, not on the tummy or side Healthy babies placed on the back to sleep are less likely | Bouncinettes, rockers and prams should not be used as a sleeping environment unsupervised and restraints should |
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| to choke on vomit than tummy sleeping infants | be done up properly when in use |
| The chance of babies dying suddenly and unexpectedly is greater if they sleep on their tummies or side | Hammocks can be dangerous and are not considered a safe sleeping environment for infants |
| Tummy play is safe and good for babies when they are awake and an adult is present | The risk of an accident is increased if baby or toddler is left unsupervised and alone on an adult bed or a bunk bed. |
| Older babies can turn over and move around the cot. Put them on their back but let them find their own sleeping position and make sure that the sleeping environment is safe for baby for when they can roll on their tummy. The risk of Sudden Infant Death Syndrome (SIDS) in babies over six months is extremely low. Sleep baby with head and face uncovered All head coverings including hats, bonnets, hooded clothing, are all removed before baby is placed for sleep Baby's feet are positioned at the bottom of the cot Bedclothes are tucked in securely so bedding is not loose, or place baby in a safe sleeping bag. | Sleep baby in their own Safe Sleeping place in the same room as an adult caregiver for the first six to twelve months Sharing a sleep surface with a baby increases the risk of SIDS and fatal sleep accidents in some circumstances Sleeping a baby in a cot next to the parent's bed for the first six to twelve months of life has been shown to lower the risk of SIDS There appears to be no increased risk of SIDS whilst sharing a sleep surface with a baby during feeding, cuddling and playing providing that the baby is returned to a cot or a safe sleeping surface before the parent goes to sleep Babies who are most at risk of SIDS or sleeping accidents |
| Keep baby smoke free before birth and after | whilst sharing a sleep surface, are babies who are less than four months of age and babies who are born |
| The risk of SIDS is increased if parents are smokers, both during the pregnancy and after the baby is born | premature or small for gestational age. |
| | Donate and body of the control of th |
| If the mother smokes the risk of SIDS doubles and if the father smokes too the risk doubles again. | Breastfeed baby if you can There is strong evidence that breastfeeding baby reduces the risk of SIDS |
| father smokes too the risk doubles again. Provide a Safe Sleeping Environment night and day. | There is strong evidence that breastfeeding baby reduces |
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